

ABSTRAK

Raihana Sheisar Septarika. K3114039. **KEEFEKTIFAN TEKNIK *SOCIAL SKILLS TRAINING* UNTUK MEREDUKSI PERILAKU *VERBAL BULLYING* PESERTA DIDIK KELAS X SMA ISLAM 1 SURAKARTA TAHUN AJARAN 2017/2018**, Skripsi, Surakarta: Fakultas Keguruan dan Ilmu Pendidikan Universitas Sebelas Maret Surakarta, Juli 2018.

Penelitian ini bertujuan untuk menguji keefektifan teknik *social skills training* untuk mereduksi perilaku *verbal bullying* peserta didik kelas X SMA Islam 1 Surakarta tahun ajaran 2017/2018. Penelitian ini merupakan penelitian eksperimen dengan metode penelitian *single-case experimental design* rancangannya adalah desain A-B. Subjek dalam penelitian ini adalah dua peserta didik kelas X SMA Islam 1 Surakarta. Teknik pengumpulan data dalam penelitian ini menggunakan instrument observasi perilaku *verbal bullying* dan wawancara. Analisis data dalam penelitian ini menggunakan dua teknik analisis yaitu analisis dalam kondisi dan analisis klinis.

Hasil uji hipotesis tindakan dilakukan secara deskriptif yaitu dengan cara menganalisis hasil observasi dan wawancara perilaku *verbal bullying* subjek penelitian. Berdasarkan analisis dalam kondisi data frekuensi perilaku *verbal bullying* subjek EV dan KM didapatkan hasil adanya perubahan pada perilaku *verbal bullying* subjek ke arah yang lebih baik yaitu kecenderungan perubahan yang menurun pasca intervensi. Data frekuensi perilaku *verbal bullying* yang dilakukan EV pada fase *baseline* 17 kali dan fase *intervensi* 9 kali. Sementara, perilaku *verbal bullying* yang dilakukan KM pada fase *baseline* ± 13 kali dan fase *intervensi* ± 6 kali. Berdasarkan hasil analisis klinis yang dilakukan kepada guru Bimbingan dan Konseling serta teman dekat dari subjek, subjek menunjukkan perilaku ke arah yang lebih baik.

Hasil dari kedua analisis tersebut menunjukkan bahwa intervensi dengan teknik *social skills training* mampu mereduksi perilaku *verbal bullying* peserta didik. Peneliti merekomendasikan guru BK untuk memberikan layanan teknik *social skills training*. Hal ini bertujuan agar peserta didik dapat mengatasi perilaku *verbal bullying* dengan menerapkan teknik *social skills training*.

Kata Kunci: *Social Skills Training, Verbal Bullying.*

ABSTRACT

Raihana Sheisar Septarika. K3114039. THE EFFECTIVITY OF SOCIAL SKILLS TRAINING TECHNIQUE TO REDUCE VERBAL BULLYING BEHAVIOR OF X GRADE STUDENTS OF SMA ISLAM 1 SURAKARTA 2017/2018 ACADEMIC YEAR. Thesis, Surakarta: Teacher Training and Education Faculty of Sebelas Maret University, July 2018.

This study aimed to test the effectivity of social skills training to reduce verbal bullying of X grade students of SMA Islam 1 Surakarta 2017/2018 academic year. This study was an experimental research using single-case experimental design of A-B design. The subject of this study were two students of X grade students in SMA Islam 1 Surakarta. The collecting data technique used in this research were verbal bullying behavior observation instrument and interview. The data analysis in this research were using conditional analysis and clinical analysis.

The hypothesis was done descriptively through analyzing the observation and interview to the verbal bullying behavior research subject. According to the conditional analysis and the frequency of verbal bullying behavior, subject EV and KM showed that the subject's verbal bullying behavior was decrease after the intervention. The frequency data of verbal bullying behavior conducted by EV in the baseline phase was 17 times and the intervention phase was 9 times. Meanwhile, verbal bullying behavior conducted by KM in the baseline phase was ± 13 times and the intervention phase was ± 6 times. Based on clinical analysis that was done to counseling teacher and subject's close friend, the subject showed a better behavior.

The result of those analysis showed that intervention using social skills training technique could reduce the students' verbal bullying behavior. The researcher recommended to BK teachers to provide services of social skills training. It could overcome the students' verbal bullying behavior by applying social skills training techniques.

Keywords: *Social Skills Training, Verbal Bullying*